

Full Report (All Nutrients) 08211, Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Report Date:October 23, 2015 02:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Breakfast Cereals**Nitrogen to Protein Conversion Factor:6.25**

Manufacturer The Quaker Oats, Co.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.75 cup (1 NLEA serving) 27g
Proximates					
Water ²	g	2.75	--	--	0.74
Energy ¹	kcal	412	--	--	111
Energy	kJ	1726	--	--	466
Protein ¹	g	3.92	--	--	1.06
Total lipid (fat) ¹	g	7.63	--	--	2.06
Ash ¹	g	2.05	--	--	0.55
Carbohydrate, by difference ¹	g	83.65	--	--	22.59
Fiber, total dietary ¹	g	2.1	--	--	0.6
Sugars, total ²	g	43.23	--	--	11.67
Minerals					
Calcium, Ca ¹	mg	11	--	--	3
Iron, Fe ¹	mg	19.52	--	--	5.27
Magnesium, Mg ¹	mg	43	--	--	12
Phosphorus, P ¹	mg	133	--	--	36
Potassium, K ¹	mg	167	--	--	45
Sodium, Na ¹	mg	679	--	--	183
Zinc, Zn ¹	mg	5.99	--	--	1.62
Copper, Cu	mg	0.090	--	--	0.024
Selenium, Se	µg	7.8	--	--	2.1
Vitamins					
Vitamin C, total ascorbic acid ¹	mg	36.4	--	--	9.8
Thiamin ¹	mg	1.049	--	--	0.283

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.75 cup (1 NLEA serving) 27g
Riboflavin ¹	mg	0.572	--	--	0.154
Niacin ¹	mg	4.334	--	--	1.170
Vitamin B-6 ¹	mg	0.321	--	--	0.087
Folate, total ¹	µg	563	--	--	152
Folic acid	µg	544	--	--	147
Folate, food	µg	19	--	--	5
Folate, DFE	µg	945	--	--	255
Choline, total	mg	7.0	--	--	1.9
Vitamin B-12 ²	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	436	--	--	118
Retinol	µg	434	--	--	117
Carotene, beta	µg	23	--	--	6
Carotene, alpha	µg	15	--	--	4
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU ¹	IU	1496	--	--	404
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	398	--	--	107
Vitamin E (alpha-tocopherol) ¹	mg	5.39	--	--	1.46
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.7	--	--	0.2
Lipids					
Fatty acids, total saturated	g	5.709	--	--	1.541
4:0	g	0.000	--	--	0.000
6:0	g	0.036	--	--	0.010
8:0	g	0.456	--	--	0.123
10:0	g	0.365	--	--	0.099
12:0	g	2.715	--	--	0.733
14:0	g	1.025	--	--	0.277
16:0	g	0.845	--	--	0.228
18:0	g	0.253	--	--	0.068

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.75 cup (1 NLEA serving) 27g
Fatty acids, total monounsaturated	g	0.704	--	--	0.190
16:1 undifferentiated	g	0.004	--	--	0.001
18:1 undifferentiated	g	0.699	--	--	0.189
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.722	--	--	0.195
18:2 undifferentiated	g	0.686	--	--	0.185
18:3 undifferentiated	g	0.035	--	--	0.009
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.041	--	--	0.011
Cholesterol ²	mg	0	--	--	0
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹The Quaker Oats, Co. Quaker Oats Company Data, 2014

²The Quaker Oats, Co. Quaker Oats Company Data, 2012